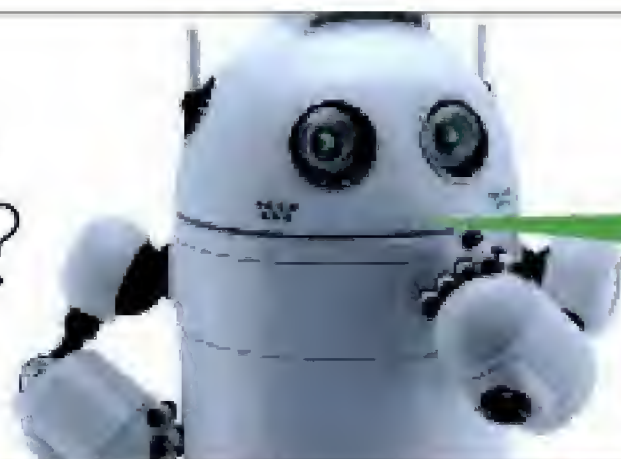


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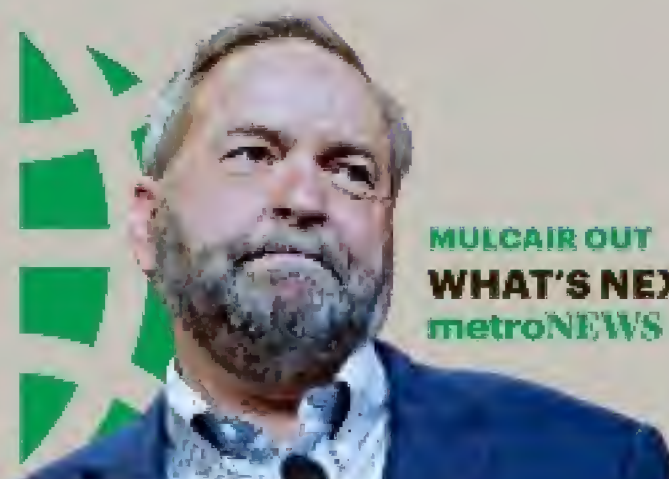
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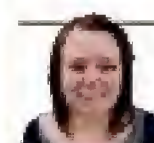
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Young man active on political scene
metroNEWS

Liberals vow to honour Louis Riel

MANITOBA HISTORY

Party hopes to credit Métis leader as first premier



Elisha Dacey
Metro | Winnipeg

Reaction was mixed Sunday to a Manitoba Liberal plan to acknowledge Louis Riel as more than the "Father of Manitoba."

Liberal leader Rana Bokhari said if they're elected April 19, they will formally acknowledge the Métis leader as the province's first premier.

"It's time to officially honour the sacrifices of Louis Riel and that means a formal declaration that he is the first premier of Manitoba," said Bokhari in a statement. "This is not about revising history, it's about acknowledging what we know to be true."

However, Winnipeggers Sunday said revising history is exactly what the announcement was about.

"He fought for Manitoba, he fought

for Saskatchewan, he was key, but he wasn't premier," said St. Boniface resident Nathan Ayotte.

"He was denied (being Manitoba's leader) and it should stay that way in the history books. You can't make it true by saying otherwise."

"I think it's unnecessary," said Ryan Gagnon, 33. "I just walked over (Esplanade Riel), there's a day for him."

But Liberal candidate for St. John's, Noel Bernier, welcomed the idea. "The Métis people are proud of their heritage, and Manitoba is too. I am thrilled my leader is prepared to step up and honour the place of Métis people in our province."

Riel was a leader in two key resistance movements, including the Red River Rebellion in 1869-1870, and the North-West Rebellion of 1885. He was elected to the House of Commons three times but never took his seat, as he was in exile. He was eventually captured and sentenced to death for high treason.

Riel has been recognized as the father of Manitoba, as the Red River Rebellion led to the creation of Manitoba as a province. History currently regards Alfred Boyd as Manitoba's first leader, who held office from 1870-1871.

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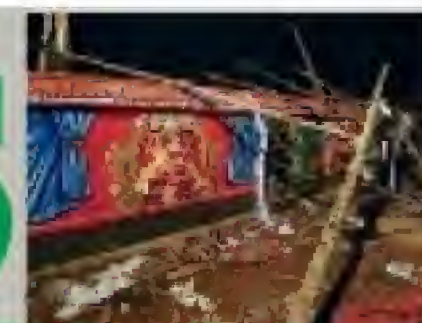
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Micro-farms growing fresh food downtown

FOOD BOXES

Network offers subscription service for in-season veggies

Meg Crane
For Metro

Downtown Winnipeg is about to be introduced to the next level of local food.

CitiGrow, a company that has built a network of micro-farms in the city, is introducing food box subscriptions.

Over the past two years, its produce has been sold to local restaurants. This year, for \$37.50 weekly, subscribers will be able to pick up a box of enough produce to supply a family of four for a week.

The food will be coming from 22 micro-farms in and around Winnipeg.

"I think our smallest (micro-farm) was under 1,000 square feet and our largest was five acres. This year, our largest will be 10 acres," said David Gingera, founder of CitiGrow.

One of these gardens is at the Forks. "It gets people to see that you can grow food in highly urban environments.

"I mean, it's right in the heart of downtown. For the square footage, the garden gets

phenomenal production," said Gingera.

That food doesn't travel far to get to some of the restaurants it's served in, such as Inn at the Forks. In fact, none of their food travels more than 25 kilometres. "The average produce travels 2,500 kilometres to get to grocery stores in Winnipeg," Gingera said. "We're really the next level of local."

Gingera said boxes will include whatever is seasonal from their gardens, including tomatoes, leafy greens and herbs. "But we also grow some unorthodox things that not a lot of people get locally," Gingera said.

This includes melons, uncommon squash and artichoke.

"The boxes, I think, will be not only great for trying local food and getting some great quality produce, but learning about what can actually be grown in Manitoba," Gingera said.

THE DETAILS

Get in on the action

- CitiGrow started in 2014 with 17 micro-farms.
- An application for CitiGrow's subscription is available at citigrow.ca.
- Pickup locations will change weekly and will sometimes be paired with events.

METRO



David Gingera, founder of CitiGrow, is bringing local produce to downtown Winnipeg. METRO

THE FORKS

Market revamp hits final stage

The Forks will soon be a friendlier place to eat and shop — and has some perfect features for a hockey-loving town. The Market Hall has been undergoing extensive renovations in the past year, most significantly to the food court.

"The \$2.5 million refresh of Centre Court, dubbed the Food Hall, now features an 80-person reclaimed wooden harvest table, benches, and plant tables produced by Wood Anchor, who also created a chandelier in the Tower Atrium out of donated hockey sticks," reads a statement from The Forks.

"From the start of the Food Hall renovations, we have been intentional in showcasing the talent this city and province offers," said Paul Jordan, The Forks North Portage CEO. Other local businesses have been instrumental in creating unique features in the hall, said Jordan, including five drum features that house pendant lighting by Metal Tech Industries, a new craft beer and wine kiosk made by Champion Ironworks and Cloverdale Forge, and metalwork by Specialloy Industries. The Food Hall will feature extra banquet seating manufactured by Kane Millwork, artwork by Jordan Van Sewell, aprons by Wilder Goods and cool beer flight boards by Huron Woodwork. "The Forks is not only a meeting place but is a centrepiece for the community," Jordan said. METRO WINNIPEG

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City writes off 146,000 tickets

PARKING

Unpaid slips issued before 2009 won't be pursued: COO



Braeden Jones
Metro | Winnipeg

Have unpaid tickets from before 2009? You're off the hook.

The City says 146,000 unpaid parking tickets issued in Winnipeg before 2009 won't need to be paid after the city changed its ticketing practices.

However, 100,000 outstanding tickets issued since then are still overdue.

City of Winnipeg COO Michael Jack said the changes being made and the tickets being forgiven are based on the city's own compliance with the Summary Convictions Act.

Jack said the reporting portion of the ticketing process



Winnipeg COO Michael Jack said the exemption is due to improper filing. BRAEDEN JONES/METRO

were non-compliant.

"The tickets that were issued were valid... so they remained enforceable," Jack said. "We were not taking the other steps required under the summary convictions act."

He explained the city had

a valid authority to enforce bylaws under its charter, but what became apparent recently was in order to invoke the summary convictions act and collect fines, the way the process was "being administered" required some changes.

Changes announced include updated wording printed on tickets and new processes for filing paperwork with more information to the courts.

Jack said changes were needed "not only to how the city was dealing with

the tickets once issued, but how those tickets were being dealt with in provincial court as well."

Tickets issued between 1992 and 2009 "will not be pursued," but parking tickets issued in the past six years are still owed to the city — with the exception of the winter parking ban "Know Your Zone" tickets issued before December 11, 2015.

For any tickets paid of a type and time now waived, there will be no refund.

Todd Dube of Wise Up Winnipeg said it's fine they won't collect the tickets, but "99 per cent have been paid."

Still, he said he doesn't want to be unreasonable.

Dube said he will "cut 'em (the city) a break" on the legally issued tickets not being refunded, but he's still going to fight for the "people who received unfair tickets in the instance of Know Your Zone."

100K

The current number of outstanding slips issued in the last six years that are still owed to the city. This excludes the winter parking ban "Know Your Zone" tickets issued before December 11, 2015. There will be no refund for any tickets paid of a type and time now waived.

"I want to stick to the facts of the abusive enforcement," he said. "The ticketing of vehicles that, in their minds, weren't breaking any laws."

To that end, he's threatening a class-action lawsuit unless the city can satisfy his group with legal justification and precedence for the tickets and not refunding them.

"If we don't get that answer, we will proceed," Dube said.



I want to stick to the facts of the abusive enforcement.

Todd Dube, Wise Up Winnipeg



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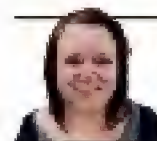
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POLITICS

Selinger, Bokhari release tax returns



Elisha Dacey
Metro | Winnipeg

In a move he says increases transparency surrounding his reasons for running, Manitoba Premier and New Democrat Party leader Greg Selinger released his personal tax return to the media.

"There's a lot of attention around the world right now, about transparency with respect to finances for people that are in politics," said Selinger from his home in St. Boniface Sunday morning. "We thought that I'd put the tax return that I did in 2014 on the table, and let you know that I do not have any offshore holdings, no secret accounts anywhere."

Selinger said he and his wife own their home and their cottage, but "what you see is what

you get for the tax return, it's not particularly complicated."

The return shows the premier's earnings of about \$147,000 from his job as premier and no other earnings.

Selinger said the party is checking their candidates to see if they are hiding money in offshore holdings.

"That is being done right now...there are some people

because they are newcomers, they have some property in their home village, et cetera," said Selinger.

Selinger issued the return as a challenge to Liberal Leader Rana Bokhari and Progressive Conservative Leader Brian Pal-

lister to do the same.

"You can see other leaders around the world are disclosing their tax returns now and questions are being raised" around why people are running for public office, said Selinger.

Bokhari called a press conference Sunday afternoon and released her T4 to the media, showing an income of about \$37,000.

The PCs issued a statement calling it a desperate, last-minute election stunt, but did not say if Pallister would release his taxes.

Selinger said he's happy so far with the transparency measures his party has brought to Manitoba, including strengthened whistleblower legislation and a ban on corporate and union donations to political parties.

"We are definitely interested in bringing in more legislation with respect to conflict of interest and greater transparency."

You can see other leaders around the world are disclosing their tax returns now and questions are being raised.

Premier Greg Selinger



NDP Leader Greg Selinger
ELISHA DACEY/METRO



Tait Palsson, 12, stands in the Manitoba Legislative building Sunday afternoon. ELISHA DACEY/METRO

12-year-old politico campaigns for change

LEGISLATURE

Tait Palsson holds elders' feet to the fire



Braeden Jones
Metro | Winnipeg

The polls and pundits have had a lot to say about each party leading up to this week's provincial election vote, and so has one of the city's youngest and most ardent politicians, Tait Palsson.

Tait, 12, has started petitions for children's rights, is one of the city's youngest education lobbyists after being embroiled in a home-school-

ing controversy, and is often the young man behind the microphone at summits and public forums asking pointed questions.

And oftentimes he's the youngest person at House meetings, where he keeps an eye on not just what MLAs are saying, but how they are acting.

He said he's unimpressed with some caucus members over the past few years.

"(One MLA) was sifting through Shoppers, Rona, Safeway and Superstore flyers at her desk in the House," Palsson said. "It's hilarious but it's sad... I mean she's being paid good taxpayer money."

"Another time there was one NDP guy who had the newspaper kind of like the classic

When you are (in the House) you should do everything you can to make sure you're helping Manitoba.

Tait Palsson

comedy sketch... he opens it to the maximum capacity and his chair is turned away, feet up, facing away from the Speaker..."

Palsson said such lapses in decorum are unacceptable and indicative of a kind of lethargy found in the comfort of being a long-standing governing party.

Since then, he's been actively working for a change in power.

"When you are (in legislature) you should do everything you can to make sure you're helping Manitoba," he said.

His issues with the status quo extend beyond legislature as he believes "education...CFS (and) health care" all need special attention that he hasn't yet heard in all of the NDP commercials or in the campaign so far.

"Because they're the party in power, there's not a whole lot anyone can do," he said.

But the voters, he said can change that.

"On behalf of all concerned children in Manitoba," Tait humbly submits they consider "true blue ... good stead with red ... (or) clean and green."

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Bomb suspect set up: Lawyer

COURTS

Guido Amsel's attorney says case against client 'shaky'

The lawyer for a man accused of targeting his former wife and two lawyers with potentially lethal mail bombs says his client is innocent and being "set up to take the fall."

Manitoba RCMP said on Friday they had laid more attempted murder charges against Guido Amsel for allegedly setting off an explosion at his ex-wife's home about 18 months before the letter bombs.

Amsel was already in custody on charges of attempted murder in relation to the explosive letters sent last July.

Two of the letters were safely detonated, but one exploded and severely injured lawyer Maria Mitousis, who had represented Amsel's former wife in the couple's divorce.

Amsel's lawyer, Martin Glazer, said police investigated his client in 2013 and cleared him as a suspect.



Guido Amsel, shown, has been set up 'to take the fall,' his lawyer says. HANDOUT

"We're concerned that they're trying to build a case by charging him with something that happened almost three years ago, for which he was investigated at the time and no charges were laid," Glazer said Friday. "I predict the case will sink in the quicksand because the foundation that they're building the

I predict the case will sink in the quicksand.

Martin Glazer

case on is shaky."

Winnipeg police arrested Amsel prematurely last July based on the concerns of his former wife, Glazer said.

"All of this stems from his ex-wife," he said. "We believe our client has been set up to take the fall for someone else. We believe whoever did this is

out there. Whoever did it, got away with it."

RCMP said they were called to a home just north of Winnipeg in December 2013 after "an explosive device was detonated" outside.

Staff Sgt. Jared Hall said the explosion damaged the home and a vehicle, but did not wake up Amsel's ex-wife and another unidentified adult. No one noticed the damage until later that morning.

"All available efforts were made in an attempt to identify a suspect and determine who the intended target was," Hall said at a news conference. "All possible motives were identified and investigated, including the potential for Guido Amsel's involvement."

Hall said Amsel was not a suspect at the time. That changed after last summer's attempted letter bombings, he said.

The RCMP teamed with Winnipeg police and identified evidence, which led to the additional charges, Hall said. Amsel has been in jail since July. He was denied bail and has requested a review of that decision.

THE CANADIAN PRESS

HOSPITAL DEATH

Authority apologizes to family

The family of a Winnipeg woman who died while laying in pain on a hospital floor is getting a long-awaited apology from the Winnipeg Regional Health Authority.

Last fall, Mohinder Singh, 57, went to Seven Oaks General Hospital with a severe headache but was told she would have to wait for a CT scan, so she eventually laid down on the floor because it was too painful to sit in a wheelchair.

After being transferred to another hospital, a test revealed she had a brain aneurysm, and she died the next day.

Milton Sussman, head of the health authority, said he has passed his condolences on to her family and said the authority is changing critical incident reporting times.

He said they will work to have reviews done within 88 days, and if it looks like it could take longer, families would be notified.

Singh's husband, Darshan, had complained that a review of the incident had taken twice as long as they were promised.

THE CANADIAN PRESS



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Conservatives look inward for savings

ELECTION PLATFORM

Tories pledge to review government programs

Manitoba Progressive Conservatives will find tens of millions of dollars in unspecified efficiencies within government in order to pay for their campaign promises, Leader Brian Pallister said.

Pallister released his party's full platform, with cost and savings estimates, for the April 19 election that polls suggest he is poised to win. The platform projects \$50 million a year in savings through a review of government programs. Another \$35 million a year will be saved through what Pallister calls "smart shopping" for goods and services by putting more contracts up for open bidding.

"The government spends about \$3.5 billion a year, and we just estimated now that we could save one per cent," Pallister said.

A Tory government would save \$14 million a year by joining the New West Partnership — a trade deal set up by the other western provinces in 2010, Pallister said. Another \$5 million a year would be saved by cutting the number of cabinet ministers, along with senior advisers, by one third.

On the spending side, the Tories are promising \$50 million in additional infrastructure. \$20 million for new personal care home beds and \$3.4 million for new tourism promotion and more.

The Tories also said they would immediately index tax brackets to inflation, draining \$17 million from the treasury.

Pallister's biggest promise — a one point cut to the provincial sales tax — is not included in the platform. Pallister said that will come toward the end of a first Tory mandate, and his platform only includes costs through the 2017-18 fiscal year.

He admitted his proposals would make only a small \$22 million dent in the \$773-million provincial deficit.

The Tories are also promising



Progressive Conservative leader Brian Pallister. METRO

to change labour laws. Pallister said he would eliminate "forced unionization" — labour agreements that cover all workers on big government projects and require them to be part of a collective agreement. The party also says it would end automatic certification in union drives and allow secret-ballot votes in all cases. Currently, if a union gets 65 per cent or more of employees in a workplace to sign membership cards, certification is automatic and no vote is held.

THE CANADIAN PRESS



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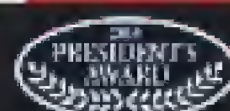
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NORTHWEST PASSAGE

Northerners prepare for giant cruise ship

Sir John Franklin would have been astounded.

The Northwest Passage which he and his doomed crew of Arctic mariners sought is to be plied this summer by a ship roughly eight times as long and carrying 25 times as many people as Franklin's flagship in 1845.

The Crystal Serenity, the biggest cruise ship to plan a transit of the legendary passage, is so large that Canadian officials are holding special meetings this week to prepare. Residents in the communities along its route, who will be outnumbered by the ship's passengers and crew, are already planning for a visit that won't happen until August.

"We get a lot of cruise ships, but this one is so large it will impact us significantly such that we need months to prepare for it," said Vicki Aitaok, who's organizing a reception in Cambridge Bay, Nunavut, about midway along the route.

Every summer, about 10 cruise ships carrying a total of about 2,600 passengers sail



The Crystal Serenity
THE CANADIAN PRESS

through all or part of the Northwest Passage. The Serenity, with more than 1,000 passengers and 700 crew, is in another league.

"It's fair to say that when you have 1,700 people making this particular voyage, it caught the attention of both the American and the Canadian Coast Guard," said Jeff Hutchinson, the coast guard's deputy commissioner.

On Wednesday, officials from both services, together with ship operator Crystal Cruises and Transport Canada, are to run tabletop simulations to test the capabilities of both the company and potential first responders.

THE CANADIAN PRESS

IN BRIEF

Keystone pipeline reactivated at low pressure

Oil is flowing once again through the Keystone pipeline after a leak in South Dakota caused a shutdown that lasted more than a week.

TransCanada said in a news release that the cross-border line was restarted Sunday following permission that was granted by the Pipeline and Hazardous Materials Administration in the U.S.

The company says the line will operate at a reduced pressure as part of the plan that was approved to return it to service.

THE CANADIAN PRESS

Life-insurance industry addresses assisted dying

Life-insurance providers have told the federal government its members are willing to lift the standard two-year exemption for suicides and pay out policies on people who end their lives through physician-assisted death, says the head of the industry's professional association.

Frank Zinatelli said if someone follows the legislated process, which is expected to be announced as early as next week, then providers would pay out on policies that are less than two years old.

THE CANADIAN PRESS

Mulcair out as leader

NDP CONVENTION

Just 48% of delegates voted to keep him at the helm

Rank-and-file New Democrats handed Tom Mulcair another ballot-box drubbing Sunday, voting to replace him as leader less than six months after a devastating election loss that dashed the party's dream of forming Canada's first federal NDP government.

A stunned silence fell over the convention floor at Edmonton's Shaw Conference Centre as delegates realized that not only had Mulcair not attained a respectable level of support, he hadn't even reached the 50 per cent threshold — unheard of in a federal leadership review.

As a result, the man who less than a year ago was being touted as poised to become Canada's first-ever NDP prime minister instead became the first federal leader ever to be rejected by a majority of delegates — 52 per cent — at a party's annual convention.

"The only thing that's important is that we leave here united," a calm, resigned-looking Mulcair told delegates after the vote.

Mulcair said he'll remain as leader until his successor is chosen, within 24 months.

He thanked his wife and the delegates, and urged the party to come together around his successor, whomever that turns out to be.

"We will always be the party that dreams no small dreams," Mulcair said. "We will always be the party that thinks about the little guy."

A bare-minimum 50 per cent plus one vote would have been necessary for Mulcair to stay on, let alone have anywhere near enough support for a con-



Tom Mulcair pauses during his speech at the NDP federal convention in Edmonton on Sunday. The NDP have voted in support of holding a leadership race. JASON FRANSON/THE CANADIAN PRESS

fident mandate — a threshold some had pegged at closer to 70 per cent.

It was a far worse result for Mulcair than even his fiercest detractors might have expected, the culmination of a festering dispute over the NDP's future direction in the wake of an election defeat that robbed the party

rank-and-file members to stand with him.

In a speech some observers characterized as uninspired at times and passionate at others, Mulcair said he has accepted the blame for the mistakes of last year's disappointing election campaign, but insisted he is re-energized, re-inspired and



The person who replaces me must have the absolute and complete support of 100 per cent of the members of the NDP. Tom Mulcair

of more than half its seats and the spiritual core of its caucus.

"I'm saddened by the result but we live in a democratic system, we have a democratic party," said British Columbia MP Peter Julian.

Prior to Sunday's vote, Mulcair made one last pitch to the New Democrat faithful to allow him to stay on as leader, urging

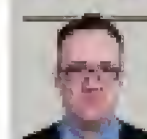
re-engaged after six months of meeting grassroots supporters.

The rift within the NDP over Mulcair's leadership was evident during the speech. Some supporters jumped to their feet to applaud and express their support, while others on the convention floor stayed stone-faced and seated.

THE CANADIAN PRESS

+ CONTROVERSY

NDP moving ahead with Leap Manifesto



Ryan Tumilty
Metro | Edmonton

The federal NDP will study adding a controversial document to their party's policy over the objections of Premier Rachel Notley and many other Alberta New Democrats.

A motion to have riding associations across the country look at the Leap Manifesto, which calls for a change to the capitalist system, no new pipeline construction and a quick move to end reliance on fossil fuels, passed Sunday morning at the national convention.

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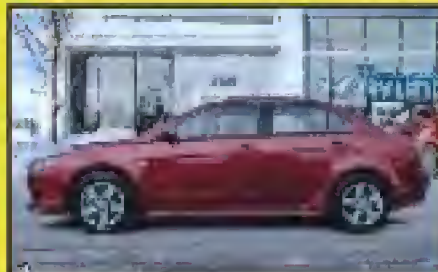
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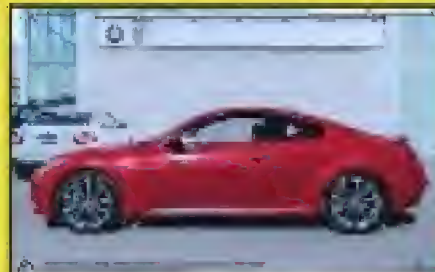
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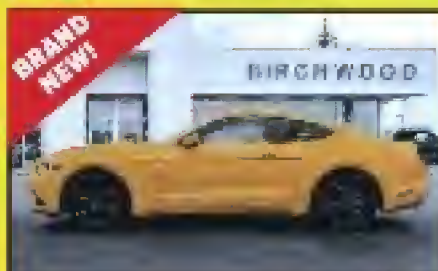
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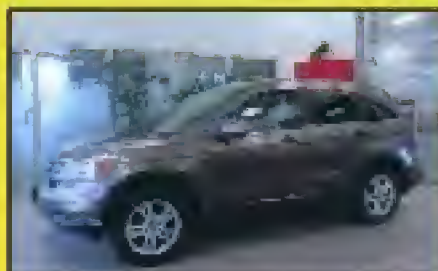
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BRUSSELS

Second France attack planned, say officials

The extremists who struck Brussels last month and killed 32 people initially planned to launch a second assault on France in the wake of the November attacks in Paris, authorities said Sunday.

But the perpetrators were "surprised by the speed of the progress in the ongoing investigation" and decided to rush an attack on Brussels instead of going back to France, the Belgian federal prosecutor's office said in a statement. It didn't provide any details on the initial French plot or its targets. THE ASSOCIATED PRESS

+ ARRESTS

Belgian police detained four men in Brussels raids over the weekend in relation to the Brussels attacks. One of them, Mohamed Abrini, has also been charged in relation to the Paris attacks, prosecutors said.

Abrini has acknowledged being the "man in the hat" spotted alongside the two suicide bombers who blew themselves up at Brussels Airport, officials said.

MACEDONIA

Migrants clash with border police

Migrants waged running battles with Macedonian police Sunday after they were stopped from scaling the border fence with Greece near the town of Idomeni, and aid agencies reported that hundreds of stranded travellers were injured.

Macedonian police used tear gas, stun grenades, plastic bullets and a water cannon to repel the migrants, many of

whom responded by throwing rocks over the fence at police. Greek police observed from their side of the frontier but did not intervene.

More than 50,000 refugees and migrants have been stranded in Greece after Balkan countries closed their borders to the massive flow of refugees pouring into Europe. THE ASSOCIATED PRESS



A migrant runs with a tear gas canister during clashes with Macedonian police on Sunday. AMEL ENRIG/THE ASSOCIATED PRESS



Temple fire kills dozens

INDIA

Hundreds more injured in fireworks accident

The Hindu temple in southern India was packed with thousands for a religious festival early Sunday when the fireworks began — an unauthorized pyrotechnic display that went horribly wrong.

Explosions and a massive fire swept rapidly through the Puttingal temple complex about 3 a.m. in the village of Paravoor, killing 102 people and injuring

380 others, officials said.

Scores of devotees ran in panic as the massive initial blast cut off power in the complex, while other explosions sent flames and debris raining down, a witness said. Many people were trapped inside.

"It was complete chaos," said Krishna Das of Paravoor. "People were screaming in the dark. Ambulance sirens went off, and in the darkness no one knew how to find their way out of the complex."

Das said the first deafening explosion occurred as the fireworks display was about to end and as he was walking away. It was followed by a series of blasts, he added.

The fire started when a spark from the fireworks show ignited a separate batch of fireworks that were being stored in the temple complex, said Chief Minister Oommen Chandy, the top elected official in Kerala state.

Most of the more than 100 deaths occurred when the building where the fireworks were stored collapsed, Chandy told reporters. About 60 bodies have been identified so far, he added.

One of the explosions sent huge chunks of concrete flying as far as a kilometre, said Jayashree Harikrishnan, another resident.

THE ASSOCIATED PRESS

In pictures

1 Debris of damaged structures lies on a wall decorated with motifs of Hindu gods at the spot where a massive fire broke out Sunday during a fireworks display at the Puttingal temple complex in southern Kerala state, India.

2 An injured boy rests at the Kollam district hospital.

3 People walk past damaged buildings.

AJAZ RAHI/THE ASSOCIATED PRESS

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3 FITNESS TECH PRODUCTS FROM THE FIBO TRADE FAIR

Recognizing the latest innovations in sports and fitness products, the FIBO Global Fitness trade fair wrapped up this weekend in Germany. Here are three highlights from the shortlisted 12 products up for this year's Innovation and Trend Awards. **AFF**



1 Jabra Sport Coach wireless headphones

The Jabra Sport Coach wireless headphones come with more than 40 exercises catering to levels from beginner to advanced and will provide you with an audio coach in your ear to take you through the workout as well as music with high-quality Dolby sound.

And for those who combine their workouts with running, the Trackfit motion sensor will record your distance, pace, steps and calories so you can keep track of your progress.



2 Cosinuss One

The new ear sensor from cosinuss[®] gives accurate feedback on not only your heart rate but also body temperature. Feedback can be sent to a smartphone or fitness tracker, and the ear sensor can also be used with its own cosinuss[®] One app, which can also monitor your dehydration levels so you know when to take on more water, as well as provide an accurate reading on how many calories you have burned.

And with no need for a chest strap, the sensor is an easier and more discreet way to measure your body's overall performance.



3 Gym Aesthetics High-Tech Underwear

The new High-Tech Underwear range uses built-in sensor technology to detect and record movement from 900-plus exercises. With tights and a T-shirt available, the wearable tech will calculate and record your repetitions and muscle strain from freestyle movements and exercises on both free weights and equipment. It can even tell you when you are performing moves incorrectly and will provide verbal and visual feedback to your smartphone.

TECHNICOLOR

DNA the 'future of movie archiving'

A Technicolor scientist surrounded by the latest virtual-reality technology inspects a vial containing a few droplets of water — and one million copies of an old movie encoded into DNA.

The company has come a long way since the Hollywood golden age, when the world gazed in awe at the lush palette of *The Wizard of Oz* and *Gone with the Wind* provided by its three-strip cameras.

"We are bigger today in L.A. than we were 70 years ago or 50 years ago," chief Frederic Rose said at a recent ceremony where he accepted a "star of recognition" from the Hollywood Chamber of Commerce.

Rose used the occasion at Technicolor's Sunset Boulevard studios to showcase the company's latest innovation — the encoding of movies into artificial, "non-biological" DNA.

Jean Bolot, vice-president for research and innovation, held up a vial barely bigger than a



Look closer: This vial contains a few droplets of water — and one million copies of an old movie encoded onto DNA.

ROBYN BECK/AFF

bullet containing a million copies of 1902 French silent film *A Trip to the Moon*.

DNA is almost unimaginably small — up to 90,000 molecules can fit into the width of one human hair — so even such a large library is totally invisible to the human eye.

"This, we believe, is what the future of movie archiving will look like," Bolot said.

Scientists have been experimenting with DNA as a potential storage medium for years, but recent advances in modern lab equipment have made projects such as Technicolor's a reality.

Bolot's team converted the film into binary and transcribed it into DNA code, which was then turned into molecules using lab-dish chemicals. The contents are read by sequencing the DNA — as is routinely done in genetic fingerprinting — and turning it back into computer code. **AFF**

+ WHY DO IT?

Converting movies into man-made DNA brings huge advantages, said Bolot, who points out that the archives of every Hollywood studio, currently taking up square kilometres of floor space, could fit into a Lego brick.

What's more, the format for reading it doesn't become obsolete every decade or so, unlike celluloid, VHS, DVD and so on.

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THE QUESTION
Every month I spend at least an hour complaining to my phone/cable TV/Internet provider about overcharges. How do I break this cycle without being rude?

Dear Ellen,
 My phone/cable TV/Internet provider keeps overcharging. Some months the bill is \$4 higher. Other times it's \$11. Every month I spend at least an hour on the phone trying to get them to fix the mistake once and for all. They always adjust the bill, but it keeps happening. I don't want to be rude but I don't want to spend so much time on the phone every month when the mistake is not my fault.

T.R.

Dear T.R.,

Wow. Your letter is a model of gracious restraint considering how much of your time and money is being wasted by a corporation that repeatedly makes false promises about fixing your problem but clearly doesn't care enough about your business to actually follow through.

If this company were a romantic partner, I would say: "Break up with this sleazy, lying, thieving b---d once and for all, and find yourself a decent provider!" Except then you'd have to go out and do the telecom equivalent of on-line dating, desperately seeking a new provider in the hopes they won't try to lock you down in an exclusive, long-term relationship, then immediately

I begin every call to my own provider by saying: 'Hello. I want to start by telling you that I may not be able to control my tone.'

WE CARE FOR YOU



© Ami Castillo

start breaking promises and screwing you over the second you commit.

Which they probably will, because — as much as we hate to generalize here at Urban Etiquette — the fact is that phone/cable TV/Internet providers across Canada all tend to overcharge and under deliver. The proof is in the thousands of complaints received every year by the CRTC, the government agency in charge of regulating broadcasting and telecommunications for the public good.

I'm glad to hear that you "don't want to be rude" when you make these monthly, ultimately futile phone calls, but it would be understandable if you slipped up. We can hardly expect anyone to fret about manners while getting royally shafted (especially when the shaft comes with empty, scripted apologies that waste even more time in those stupid,

endless phone calls that seem designed to wear us all down so we'll stop phoning to complain in the first place).

But in calls to customer representatives, rudeness is pointless and misplaced. The wage slave on the phone is not the one at fault, and has no real power to make the company deliver on its promises. This is why I begin every call to my own provider by saying: "Hello. I want to start by telling you that I may not be able to control my tone, because I am very angry and upset. Please understand that my anger is not directed at you, but at the evil overlords who run your terrible company."

As for your endless over-billing problem, I'm sorry I don't have a better solution for you. I do encourage you to register your complaint with the CRTC crtc.gc.ca/eng/internet/plaint.htm and the Com-

missioner for Complaints for Telecommunications Services (CCTS) ccts-cprst.ca.

You might also want to check out Facebook groups hosted by both providers (Fido, Telus, Wind Mobile, etc.) as well as detractors (I Hate Bell Canada, Canadians Against Rogers, Shaw Cable Sucks, I Hate Telus, etc.). I don't recommend rude venting on any of these sites — toxic spirals on the Internet are good for no one. But responsibly describing your own ordeal and reading about those of others can be both therapeutic and constructive.

If you're in any way dissatisfied with this advice, feel free to speak to my manager in Retention. She'll probably just tell you what I told you, though.

Need advice?
Email Ellen:
scene@metronews.ca

Perfect!
 Then, you can either hang up or make them wait for an hour.



ROSEMARY WESTWOOD

metroview

The first step is admitting you're a hopeless Q-Tip addict

My long-distance fiancé had just arrived for a visit, and according to him, after the usual pleasantries, the first thing I asked was, "Did you bring the Q-Tips?"

I said it conspiratorially, with a tinge of the addict's desperation. He thought it was funny, but a week later, I landed in the walk-in clinic. Actually, I would end up there three times in four days and stay home from work to deal with the excruciating pain, akin to having your inner ear stabbed repeatedly with a sharp knife.

Yes, I took two days off work because of Q-Tips.

I don't know when it started. I only know that, after a certain point, I was hooked. It felt so good. It wasn't just about cleaning. It was about scratching the itch, and feeling that oddly sensuous shiver. As any user knows, there is something deeply, inappropriately satisfying about Q-Tips.

I knew it was wrong. I'd read the warning on the package to never put a Q-Tip inside your ear — about as effective a deterrent as a "Do not eat" warning on a box of the world's tastiest ice cream. ("Use only as a body lotion.")

The walk-in doctor asked a few questions, and I had to admit my addiction. Knowing it was wrong, I had stopped a few months ago.

But it wouldn't be breaking the new rules if someone else brought the swabs, I had reasoned.

The doctor told me my ears were very, very clean, and very, very swollen. The infection could be fixed with drops, he noted.

"So just to be clear," I said, cupping my ears. "I did this to myself, with Q-Tips?"

"Yes."

Walk-in doctors are constantly fielding cotton-swab injuries, he told me. "I can't believe they're still on shelves," he said. "A colleague and I joke that we should launch a class action lawsuit."

A lawsuit! For Q-Tips! And I would play the plaintiff. Because, really — as if cotton swab companies don't know how good their insidious products feel, as they caress those sensitive, rarely touched nerve endings. Worst of it all, as my ears started to heal, that old urge came back.

But I have sworn them off. Missing work over a Q-Tip was embarrassing enough the first time, but the pain is what's keeping me away. I would wake up in the middle of the night in agony, convinced my whole face and ears were stuck inside a clamp. I actually considered going to the ER.

Because of a Q-Tip. That's a joke that's only funny the first time.

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How well have Annick and Yolanda's finances improved? At the end of our three month series, **Metro's finance guru Lesley-Anne Scorgie** looks at the financial gains both women have made and finds they've collectively increased their net worth by nearly \$9,000

Back on track after 12 weeks



LESLEY-ANNE SCORGIE
metromoney

THE CHALLENGE: Twelve weeks ago Annick, 24 and from Calgary, and Yolanda, 27, from Mississauga, took on the Metro Money Makeover challenge to transform their finances. Both young women rolled up their sleeves to get financially fit and reach new money milestones by crushing debt and saving thousands.

THIS WEEK: These two young women shattered their financial limitations and collectively raised their net worth by nearly \$9,000! More importantly, Annick and Yolanda have new and lasting financial life skills that will ensure their dreams happen soon.

THE RESULTS: Financial success comes to those who work for it and Annick and Yolanda have done just that. After their 12-week financial transformation, I'm confident they're on track to financial independence which makes me a proud money coach.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

Annick

When Annick arrived in Calgary in 2010 from the Democratic Republic of Congo she had high expectations of a powerful Canadian education in energy management, a great job in a strong economy and dreams of home ownership by age 25.

But the cloud of student loans, high cost of living and few career prospects upon graduation due to disastrously low commodity prices crushed her finances.

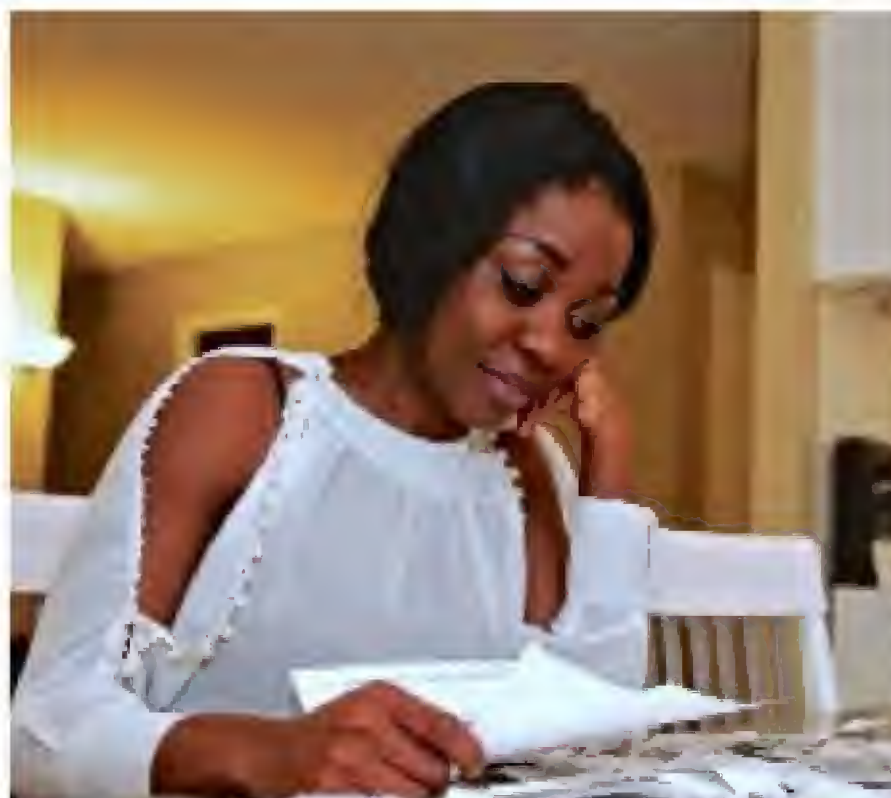
Annick and I have worked almost exclusively on the reduction of her consumer debt. Our target date for her consumer debt-free was July 2016, but she beat that by a long shot! Just two weeks ago she triumphed over it with the help of a tax refund totaling \$2,780.

When her tax refund was deposited, she paid out all remaining balances. Today, Annick is left with a \$58,200 student loan and a small, but growing, group RRSP through her work.

THE NEXT 12 MONTHS: Annick must be careful not to slip back into old habits of overspending and instead focus on her goals of:

- Building an emergency fund (one year)
- Earning a better income (one to two years)
- Growing a down payment (three years)

Annick's long-term financial



In 12 weeks Annick has eliminated her credit card balances and loans to friends and family. JENNIFER FRIESEN/FOR METRO

goals require short-term trade-offs.

So if she wants her dreams badly enough, she'll swap concert tickets and car payments for contributions to her TFSA and RRSP.

THE RESULTS: When we met in December 2015, Annick's net worth was (\$62,450).

In 12 weeks, she's eliminated her credit card balances and loans to friends and family for a net worth improvement of \$5,300 to (\$57,150).

NET WORTH

| Assets | |
|--------|-------|
| TFSA | 50 |
| RRSP | 1,000 |

Total Assets \$1,050

| Liabilities | |
|--------------|--------|
| Student Loan | 58,200 |

Total Liabilities \$58,200

Net worth (\$57,150)

Yolanda

In my first meeting with Yolanda she demonstrated a high ability to save money. But, the reason she wasn't seeing any progress on her money was because she was using her TFSA and RRSP like a bank account; draining the balances whenever vet bills or trips came up. Yolanda's challenge came down to learning to budget for her short-term needs while continuing to save towards her long-term goal of owning a home through her TFSA and RRSP. We identified three other financial areas requiring attention.

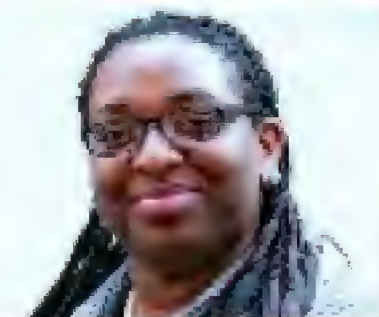
First, Yolanda is underpaid. Yes, she loves her communications job at a well known charity, but the big question is how much? Her low income is compromising her ability to save.

Second, she needed to establish a financial "buffer" account which could be used to pay for unexpected expenses.

Third, Yolanda is financially generous. But, her charitable contributions were getting larger by the month. Today she follows the 10 per cent rule.

Because of Yolanda's insatiable desire to own a home, she made the critical decision to move back home with her mother, allowing her to save more aggressively for a down payment.

THE NEXT 12 MONTHS: Yolanda's number one financial



Yolanda has learned to budget for her short term needs. LIZ BEDDALL/METRO

NET WORTH

| Assets | |
|---------|-------|
| Savings | 325 |
| Pension | 5,000 |
| TFSA | 1,300 |
| RRSP | 1,250 |

Total Assets \$7,875

| Liabilities | |
|-------------|---|
| VISA | 0 |

Total Liabilities \$7,875

Net worth \$7,875

priority is saving \$30,000 for a down payment and closing costs.

THE RESULTS: Since December 2015, Yolanda has improved her net worth by \$3,575 by setting up bi-weekly contributions to her savings account, pension, TFSA and RRSP. Her net worth is now \$7,875.

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OR AT THE OFFICE

YOU CAN DO THIS ANIMATOR

'For me, it's about the people'

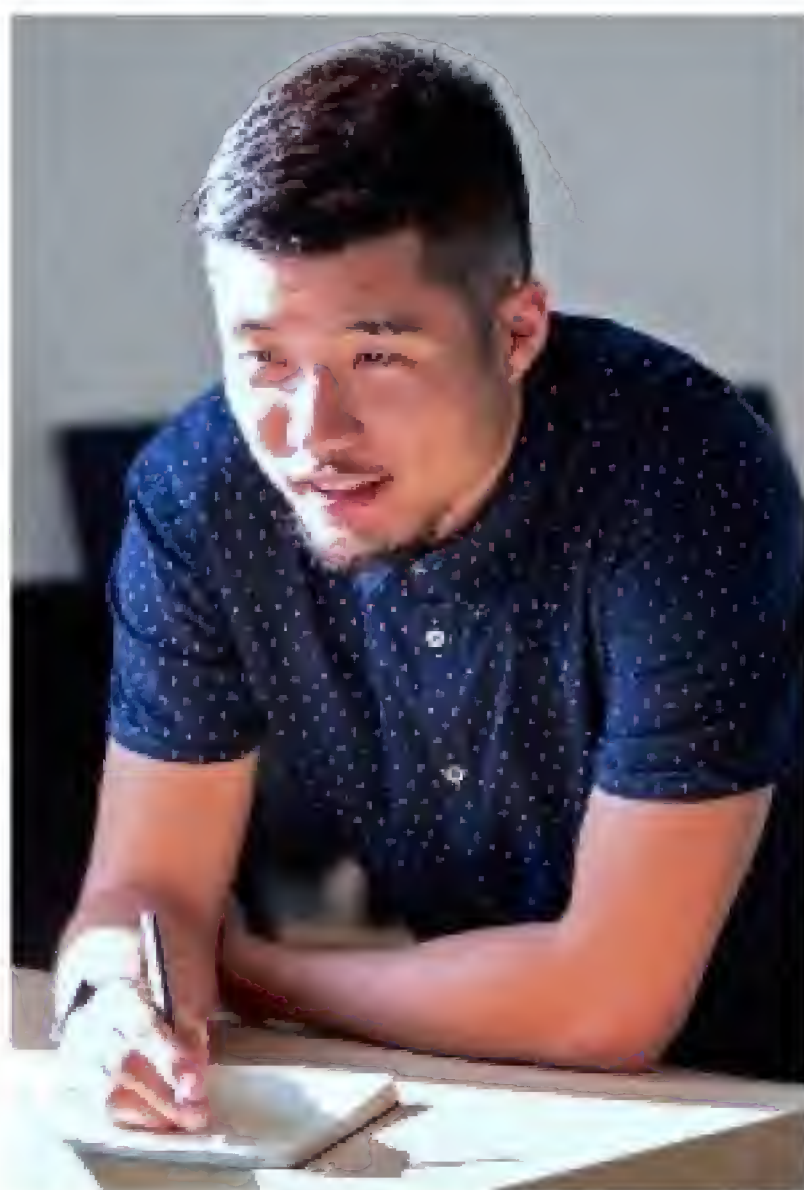
WHY I LIKE MY JOB

Hao Chen, 31, Creative Director, Vancouver, B.C.

I grew into an art family; ever since I was young, I was drawing. I went to Emily Carr here in Vancouver. I got into the animation program and did the full three years and got my BA there.

Ever since, I've worked in the industry. I started with bigger studios, working on Barbie and Max Steele, and did post-production on some Hollywood films. Then I went back to school, for entertainment design in Los Angeles, and after a year I decided it was time to start my own thing. I freelanced for a while, then my business partner and I started our company, LineTest. We focus on advertisements, TV commercials, online campaigns, digital signage and mobile apps. We're a small studio, but we work with pretty big clients.

My job is to convey clients' ideas and campaigns to the artists in our studio. I also take care of the business side of LineTest. For me, it's about the people, whether it's meeting with clients and helping them with their vision, or working with artists. I learn a lot from other people, and I get inspired by new ideas that can only be created when a collective is brought together. METRO



PROVIDED

THE BASICS: Animator

\$49,782

Median wage of animators, according to PayScale.com. Some even make as much as **\$78,426**, and can earn more as animation producers or creative directors.

+9.1%

The amount of growth expected in this field over the next four years

Data for this feature was provided by payscale.com, servicecanada.gc.ca, humber.ca, sheridancollege.ca, centennialcollege.ca, centennialcollege.ca, ryerson.ca and durhamcollege.ca

HOW TO START

A Bachelor of Animation or a diploma in Computer Animation is a typical starting point for a professional animator.

WHERE YOU CAN GO

Job titles and responsibilities for animators are diverse. Animators may work in feature film or television, on video games or in web design. They might become illustrators for medical textbooks or they could go on to become animation producers or creative directors in marketing firms. Depending on their strengths and interests, freelance animators often perform a mix of artistic duties.

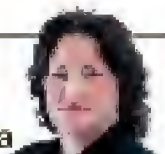
NEXT CAREER STEP

If they haven't studied it already, animators may want to explore post-grad studies in 3D Animation, or a certificate in Digital Animation or Digital Art Production. Artists working for marketing firms may choose to explore that field to accelerate career potential. METRO

MONEY MATTERS

They cost more than you think: Pay off your student loans

Gail Vaz-Oxlade
For Metro Canada



Heaps of people are under the impression that the government wants to do right by students. What they don't know, because they've taken the preceding as gospel, is they may be paying more interest than they think.

True or False?

1. The six-month, no-payment grace period when you

leave school comes interest-free.

2. The interest rate on student loans is comparable to what's available at the bank.

3. You should use the student loan default repayment schedule to pay off your student loan.

If you answered True to any of these, you're misinformed. Did you really think that after years of giving you money for free while you were in school the government wouldn't find a way to get its pound of flesh?

Here's the reality:

1. The six-month grace period comes with interest. While you don't have to make a payment, your debt continues to grow. Graduate owing \$28,000 (which is the average), and that six-month deferral will cost you up to \$1,000 in extra interest. You'll have the option of paying it in a lump sum, but most people add it to their principal and end up paying interest on interest.

2. The interest rates on student loans are higher than you

typically get at a bank. Remember all those years you were in school using the government's money and paying not one red cent in interest? Since the government is going to get its money back one way or another, student loans come with a hefty price tag once the interest-rate clock is turned on. If you choose a variable interest rate, you'll pay prime + 2.5 per cent. If you choose fixed-rate, you'll pay prime + five per cent.

3. The student-loan de-

fault repayment schedule is designed to take ten years to pay off. The default term is 114 months, and most people go with that without giving it a second thought. If you graduate with \$28,000 of debt and choose default repayment at a variable rate, you'll pay more than \$8,000 in interest. (If you chose the fixed rate, it's more than \$12,000.)

Want to pay less interest? Once you've got a steady job, consolidate your student loans with an aggressive repayment

schedule. Plan to take three to five years to pay off an undergrad degree, five to seven years for a master's and seven to 10 years for a doctorate.

On the "Repay my student loan" link at canlearn.ca, you can compare payment options to see how much interest you'll end up paying. Your goal should be to pay no more than you absolutely have to.

For more money advice, visit Gail's website at gailvazoxlade.com



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Canada's Koe atop world

CURLING

Calgary-based rink claim title in Switzerland

Kevin Koe took a chance when he left the team he skipped to victory at the 2014 Tim Hortons Brier to form a new squad with an eye on qualifying for the next Winter Olympics.

His results this season have gone a long way toward backing up his decision.

Koe led Canada to its first men's world curling title in four years with a 5-3 win over an inexperienced but tough Denmark team in Sunday's gold-medal game in Basel, Switzerland. Canada scored a decisive two points in the ninth when Danish skip Rasmus Stjerne, who was brilliant all week, barely missed on a double-runback raise attempt, giving Koe an open draw.

After a disappointing first season together, Koe and his Calgary-based team — vice-skip Marc Kennedy, lead Ben Hebert and second Brent Laing — have rounded into top form.

"This is why we put this team together," said Koe. "We have things to improve on.

+ BRONZE DRAW

Earlier Sunday, John Shuster of the United States won the bronze medal, beating Japan's Yusuke Morozumi 8-6.



Kevin Koe and Team Canada celebrate on Sunday in Basel, Switzerland. GEORGIOS KEFALAS/KEYSTONE VIA THE ASSOCIATED PRESS

Honestly, though, you couldn't write a better script for all we've gone through this year."

Koe qualified for the world championship by leading Alberta to a 9-5 win over Newfoundland and Labrador skip Brad Gushue in the final of the Tim Hortons Brier. His team continued to roll in Basel, losing just one game to defending champion Sweden en route to claiming Canada's 35th world title.

"We put a lot of hard work into it," Koe said. "Last year was a bit of a struggle and we made some changes (Kennedy moved to vice-skip), and they're

"This is amazing. And there's more in the tank."

Kevin Koe

paying off.

"What a year we've had — world champions, we've won a lot of other big events and hopefully we'll just keep getting better. And I think we can. It's only our second year playing together."

Denmark, led by skip Stjerne, proved a difficult op-

ponent for Canada over the course of the tournament. Canada needed an extra end to defeat the Danes 11-8 in round-robin play, then broke open a close match late in Canada's 5-3 win over Stjerne in the 1-2 Page playoff.

"It was a battle today, they're a good young team," Koe said. "It wasn't flashy, but it was solid, and what a feeling. It's so hard to win the Brier, so you just want to win the worlds when you get here, and it feels awesome."

The Danes scored the game's first deuce in the third end to take an early 2-1 lead.

Canada, though, managed to fight back with a go-ahead deuce in the fifth end to carry some momentum into the second half of the game.

After forcing to Denmark to a single in the sixth, Canada blanked the next two ends before coming up with the winning two points.

In the 10th, Kennedy's run-back double takeout all but killed the Danes' hopes of a comeback, and it was left to Koe to finish it off. After Stjerne's beautiful freeze, Koe was able to pick out the Danish stone.

THE CANADIAN PRESS

MASTERS

Willett conquers Augusta National

Danny Willett in a green jacket was hard to believe considering he wasn't even sure he could play the Masters two weeks ago.

Jordan Spieth was even more stunned.

Nine holes away from history, the defending Masters champion threw it all away in a collapse around Amen Corner that was shocking even by Augusta National standards. He played the opening three holes of the back nine in 6 over par, including a quadruple bogey at the 12th.

Willett, five shots behind with six holes left to play, birdied three of his last six holes to polish off a round that might not get its due because of Spieth's meltdown. He closed with a 5-under 67, with no bogeys on his card, to match the best score of the weekend.

The 28-year-old Englishman wasn't even planning to play. His wife was due with their first child on this very day. Their son, Zachariah James, was born on March 30, clearing Willett to a most unlikely path to becoming a major champion.

THE ASSOCIATED PRESS

+ RUNNERS-UP

Spieth closed with a 73 and tied for second with Lee Westwood (69).

CRIME

Ex-NFLer shot dead after fender-bender

Former New Orleans Saints player Will Smith was shot and killed in what appeared to be a road-rage incident, city police said Sunday. The death shocked fans of the much-loved athlete.

Investigators don't have any evidence so far that the shooting was "anything other than this accident ... that turned violent," Police Supt. Michael Harrison said Sunday afternoon.

There's no indication that Smith, 34, and the man accused of killing him knew each other



Will Smith
GETTY IMAGES FILE

or that Cardell Hayes, 28, targeted Smith, Harrison said.

Smith, a former defensive end, was a first-round draft choice by New Orleans in 2004.

He led the Saints with a career-high 13 sacks in 2009, when the club won its only Super Bowl. THE ASSOCIATED PRESS

IN BRIEF

Leicester qualifies for Champions League

Leicester qualified for the Champions League for the first time on Sunday and moved closer to the Premier League title with a 2-0 win at struggling Sunderland.

Jamie Vardy scored both goals to take his tally for the season to 21 goals. The goals kept Leicester seven points clear of Tottenham, which beat Manchester United 3-0, and guaranteed a top-four finish for the central England team.

THE ASSOCIATED PRESS

Senators GM steps down

Bryan Murray would have liked his time as general manager of the Ottawa Senators to have a better ending, but at least he is confident that he's leaving the position in good hands.

Less than 24 hours after the Sens' season ended, Murray announced Sunday he would be stepping down into a senior advisory role. In November 2014, Murray announced he had Stage 4 colon cancer. Pierre Dorion will take over as Senators GM.

THE CANADIAN PRESS

MLB

Estrada leads Jays to shutout of BoSox

Marco Estrada took up where he left off last season, throwing the Blue Jays an early season lifeline after four straight losses.

The Toronto right-hander, making his season debut after a sore back limited him in spring training, threw seven shutout innings and Josh Donaldson belted his fourth homer in a 3-0 win over the Boston Red Sox on Sunday before a Rogers Centre sellout of 46,158.

Estrada shut down a Boston team that had scored 28 runs in

SUNDAY in Toronto

| | |
|-----------|----------|
| 3 | 0 |
| BLUE JAYS | RED SOX |

its first four games, including 16 in the previous two in Toronto.

He struck out eight while limiting the Red Sox to five hits and two walks in an economical 91-pitch outing that featured 62 strikes. THE CANADIAN PRESS

RECIPE Baked Eggs with Asparagus



PHOTO: MAYA VIBREY

Ceri Marsh & Laura Keogh
For Metro Canada

We never underestimate the power of an egg, especially when it comes to making healthy and fast dinners. Two eggs and you're practically a superhero.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients

- 1 tsp olive oil
- 8 asparagus spears, trimmed and chopped
- 2 eggs
- 1/4 cup Parmesan cheese, grated
- salt and pepper

Directions
1. Preheat the oven to 400 degrees.

2. Pour your olive oil in a small, oven-proof skillet and bring up to medium heat. Add the asparagus pieces and sauté until they just begin to soften, about 3 to 5 minutes. Spread the vegetables evenly across the pan.

3. Crack the eggs over the asparagus. Carefully place the skillet into the oven. Bake for 5 minutes.

4. Using an oven mitt, slide the pan out of the oven. Sprinkle the Parmesan cheese across the top of the whole pan and gently place back in the oven. Bake for another 5 minutes, or until the eggs are cooked to your liking.

4. Serve with buttered toast.

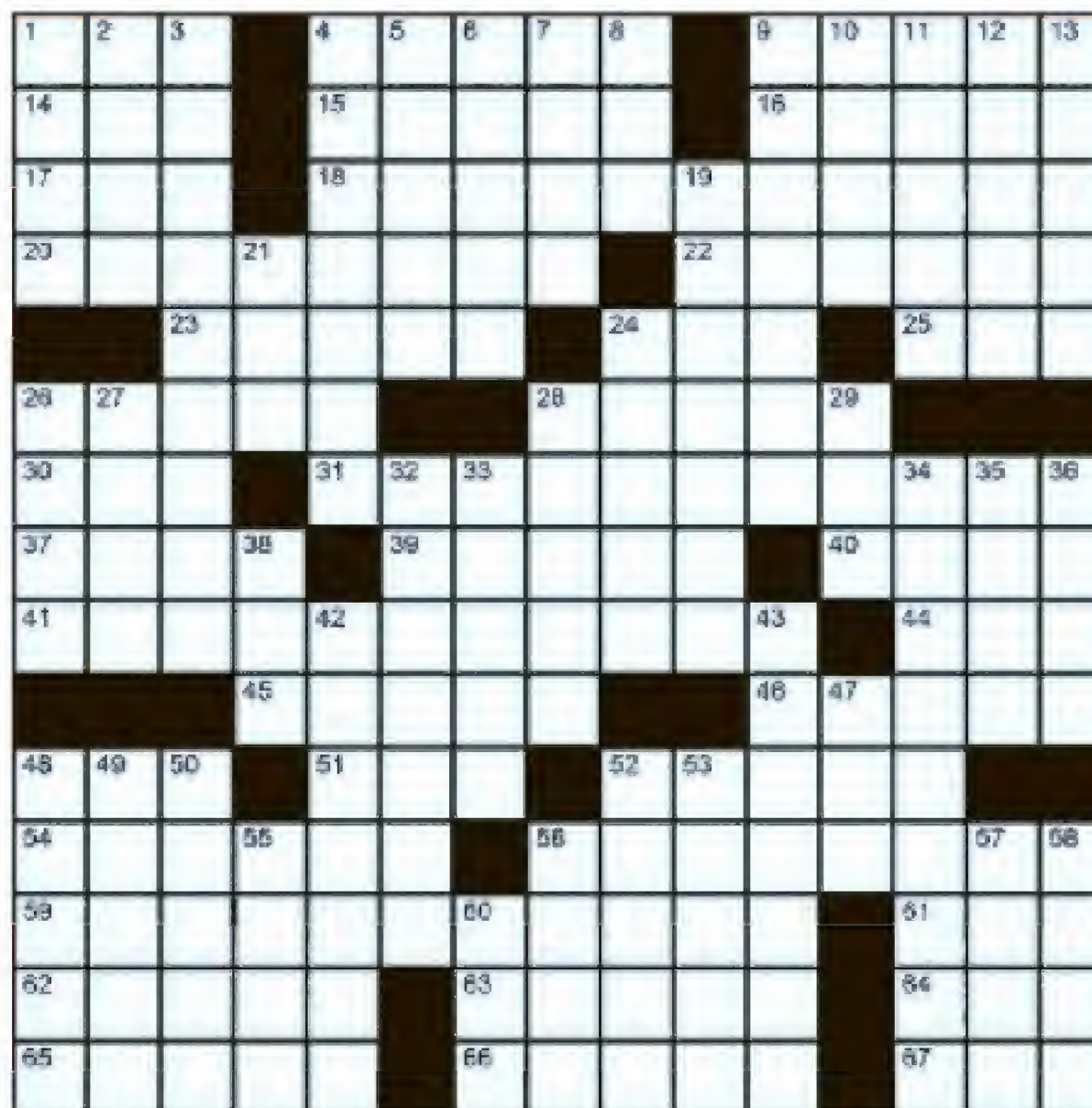
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Razors brand
4. University ____ Brunswick
9. Athlete's contraction
14. Soul part, in ancient Egyptian mythology
15. Adam van ____ Flemish painter
16. Patchy-coated horse
17. ____ culpa!
18. Radio ____
20. ____ and Mastodons: Titans of the Ice Age (Current exhibit at the Ontario Science Centre in Toronto)
22. Unspecified individual
23. English diarist, Samuel ____ (b.1633 - d.1703)
24. Couplet
25. Telephone bk. listings
26. "Look ____ Did!" (Check out my accomplishment!)
28. Feudal workers
30. Cleaning item
31. Toronto subway station: 2 wds.
37. Uncle's wife
39. What one can do with #1-Across
40. Prefix meaning 'thought'
41. Glacial epoch for the creatures at #20-Across
44. ____-dee... (Funny!)
45. Spring flower
46. Petrograd prohibitions
48. Little devil
51. You ____ by Lionel Richie



52. Storms
54. Certain cold cut
56. Minus
59. Maritimes History: Its colours are blue, white and red ...and there's a gold star in the upper left corner: 2 wds.
61. Verify
62. Walking sticks

63. Scottish hymn: ____ That Wilt Not Let Me Go
64. Time-saver's abbr.
65. Chirp
66. Sharp ____ (Like a knife)
67. Musical note before lah

DOWN

1. The Rubbles' baby, when doubled
2. Swedish furniture store
3. Region/drink in France
4. Not deviating from the subject matter: 2 wds.

5. Sixty minus twenty's answer
6. Ark builder's namesakes
7. Coastal birds
8. Scale amts.
9. Laverne & Shirley ...to Happy Days
10. Sympathy
11. Playwright Mr.

- Chekhov
- Shorthand [abbr.]
- Traditions
- Ms. McTeer (Wife of 18th Prime Minister Joe Clark)
- The ____ (NYC opera attraction)
- Inquire
- Shawl
- Transport via truck
- Birth name of singer Fergie, ____ Ann Ferguson
- ____ Lanka
- The Waldorf=____ (Landmark hotel in New York)
- Beamed
- Glues and tapes
- Tidy
- Michael ____ (Fashion designer)
- Journalist's story origin
- Nautical vision blurrer: 2 wds.
- Set to be married
- Nevertheless
- "All I gotta do ____ naturally...": Country tune bit
- Beautiful bird
- Carpentry tool
- Record anew, as on a ship
- Succulent plant
- "Chick" suffix
- St. John's locale [abbr.]
- Disallow
- Inscribe
- San Francisco's ____ Valley

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are creative and artistic. (Aries is the sign of the artisan in the zodiac, which is why you can do anything with your hands.) Today you are full of amazing, original ideas!

Taurus April 21 - May 21
Something having to do with your finances or your possessions is a bit unreliable today. Double-check all transactions. Postpone important purchases until tomorrow.

Gemini May 22 - June 21
Today the moon is in your sign; however, its influence is unpredictable. Therefore, keep a low profile and don't get excited about things. Tomorrow is a stronger day.

Cancer June 22 - July 23
You might kid yourself about knowing what you are doing today, when in fact you really don't. Therefore, postpone important decisions until tomorrow. If you must act, do it in the morning.

Leo July 24 - Aug. 23
This is a great day to schmooze with others! Spontaneous social situations will arise suddenly. Someone you least expect might want to see you. (It's an interesting day).

Virgo Aug. 24 - Sept. 23
Relations with authority figures are unpredictable today. Whatever happens, you will want to be free of what they dictate. You don't want anyone telling you what to do today.

Libra Sept. 24 - Oct. 23
Travel plans will be interrupted or cancelled today. Alternatively, unexpected travel plans might arise. That's because today is a bit of a crashpoot.

Scorpio Oct. 24 - Nov. 22
If dealing with financial matters, especially with shared property, inheritances and such, make sure you have your facts right. Something unexpected could torpedo something.

Sagittarius Nov. 23 - Dec. 21
Be prepared to accommodate others today, because the moon is opposite your sign. Furthermore, it is dancing with Uranus, which means people are unpredictable. Keep your eyes open!

Capricorn Dec. 22 - Jan. 20
Allow yourself extra time at work today so that you have wiggle room to cope with something unexpected. Today will be full of short-ages, delays and goofy mistakes.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day for your kids, so be vigilant. Meanwhile, planned social events might change, while unexpected social events might occur.

Pisces Feb. 20 - March 20
Your home routine will be interrupted today. Small appliances might break down, or something unexpected will occur. Just be aware of this so that you are prepared.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



FRIDAY'S ANSWERS

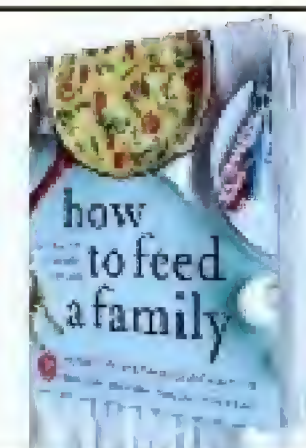
Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



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RECYCLE SOMETHING NEW

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